Radical Self-Care Compass

Discover which areas of your life need attention & how to navigate towards greater wellbeing!

Which areas are asking for YOUR attention?

1. Place a dot on the line in each area to indicate your level of satisfaction. Place a dot at the center of the circle to indicate complete dissatisfaction, on the periphery to indicate complete satisfaction, or somewhere in-between.

2. Connect the dots to see your Core Brilliance Compass (see example).

3. Identify what's working, what questions this brings up, and what steps you want to take towards greater self-care. Determine where to invest your time and energy to navigate towards greater joy and satisfaction.

To apply for a free discovery session and learn more about radical selfcare...
Visit CallingsandCourage.com.